

SEPTEMBER 2024

DIOCESE OF LAKE CHARLES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>LABOR DAY NO SCHOOL</p>	<p>3</p> <p>Cheeseburger Whole Grain Hamburger Bun French Fries 1/2 Tomato Slices 1/4-1/2 Orange Smiles 1/2 High School Fruit 1/2</p>	<p>4</p> <p>Fiesta Soft Tacos (GB/FC, Cheese, JP, SC) Pinto Beans 1/2 Sweet Kernel Corn 1/4-1/2 Fruit Choice 1/2 High School Fruit 1/2</p>	<p>5</p> <p>Macaroni Chili Skillet Green Beans 1/2 Cauliflower w/Cheese Sauce 1/4-1/2 Pineapple tidbits 1/2 High School Fruit 1/2 Frito Chips (1 oz.)</p>	<p>6</p> <p>Pork Leg Roast, Gravy Whole Grain Brown Rice 1/2 Red Beans 1/2 Mustard Greens 1/4-1/2 Applesauce 1/2 High School Fruit 1/2 Cornbread Square (2 oz.)</p>
<p>9</p> <p>Italian Spaghetti Sauce Whole Grain Spaghetti Green Beans 1/2 Cherry/Grape Tomatoes 1/4-1/2 Cantaloupe OR Fresh Fruit 1/2 High School Fruit 1/2 Whole Grain Yeast Roll (2 oz.)</p>	<p>10</p> <p>Crispy Chicken Patty Whole Grain Hamburger Bun Sweet Potato Fries 1/2 Cucumber Slices 1/4-1/2 Ranch Dipping Sauce Orange Smiles 1/2 High School Fruit 1/2</p>	<p>11</p> <p>Chicken Stew Whole Grain Brown Rice 1/2-1 Black Eye Peas 1/2 Fresh Baby Carrots 1/4-1/2 Fruit Mix 1/2 High School Fruit 1/2</p>	<p>12</p> <p>Beef Fingers Creamy Potatoes 1/2 Broccoli w/Cheese Sauce 1/4-1/2 Strawberry Cups OR Apples 1/2 High School Fruit 1/2 Whole Grain Yeast Roll (2 oz.)</p>	<p>13</p> <p>Tex Mex Bowl (Fajita C.) (Rice, Corn, Cheese, Black Beans) Fresh Broccoli Florets 1/2 Pear Slices 1/2 High School Fruit 1/2</p>
<p>16</p> <p>Beefy Nachos Grande GB, Cheese, Sour Cream, Jal. P. Tortilla Chips 1-2 oz.. Pinto Beans 1/2 Sweet Kernel Corn 1/4-1/2 Applesauce 1/2 High School Fruit 1/2</p>	<p>17</p> <p>Hamburger Whole Grain Hamburger Bun Tomato Slices 1/4-1/2 French Fries 1/2 Fresh Seasonal Fruit 1/2 High School Fruit 1/2</p>	<p>18</p> <p>Cheesy Chicken Pasta Buttered Carrots 1/2 Cucumber Slices 1/4-1/2 Peaches 1/2 High school Fruit 1/2 Whole Grain Yeast Roll (2 oz.)</p>	<p>19</p> <p>Turkey Roast, Gravy <i>OR</i> Ham Whole Grain Brown Rice 1/2-1 Green Beans 1/2 Sweet Potato Crunch 1/4-1/2 Fruit Mix 1/2 High School Fruit 1/2</p>	<p>20</p> <p>Cheese Pizza Fresh Broccoli Florets 1/2 Fresh Cauliflower Florets 1/4-1/2 Ranch Dipping Sauce Pineapple Tidbits 1/2 High School Fruit 1/2</p>
<p>23</p> <p>Corndog French Fries <i>OR</i> Tator Tots 1/2 Mexican Beans 1/4-1/2 Fruit Mix 1/2 High School Fruit 1/2 Surprise Birthday Dessert</p>	<p>24</p> <p>Meatballs in Gravy Whole Grain Brown Rice 1/2-1 Buttered Carrots 1/2 Green Beans 1/4-1/2 Seasonal Fresh Fruit 1/2 High School Fruit 1/2</p>	<p>25</p> <p>Chicken Nuggets Macaroni & Cheese 1/2 Cherry/Grape Tomatoes 1/4-1/2 Cucumber Slices 1/2 Red Bell Peppers 1/4 (HS) Ranch Dipping Sauce Pear Slices 1/2 H S Fruit 1/2</p>	<p>26</p> <p>Baked Chicken, Gravy Whole Grain Brown Rice 1/2-1 Broccoli 1/4-1/2 Navy or Lima Beans 1/2 Fruit Choice 1/2 High School Fruit 1/2</p>	<p>27</p> <p>Salisbury Steak, Gravy Creamy Potatoes 1/2 Mustard Greens 1/4-1/2 Peach Slices 1/2 High School Fruit 1/2 Whole Grain Yeast Roll (2 oz.)</p>
<p>30</p> <p>Cheeseburger Whole Grain Hamburger Bun French Fries 1/2 Tomato Slices 1/4-1/2 Orange Smiles 1/2 High School Fruit 1/2</p>				



MENUS ARE SUBJECT TO CHANGE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER

Notification: Peanuts/Peanut Butter are not used in our menus. However, some products may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.